

Hampton's Healthy Families Partnership

ALUMNI

NEWSLETTER

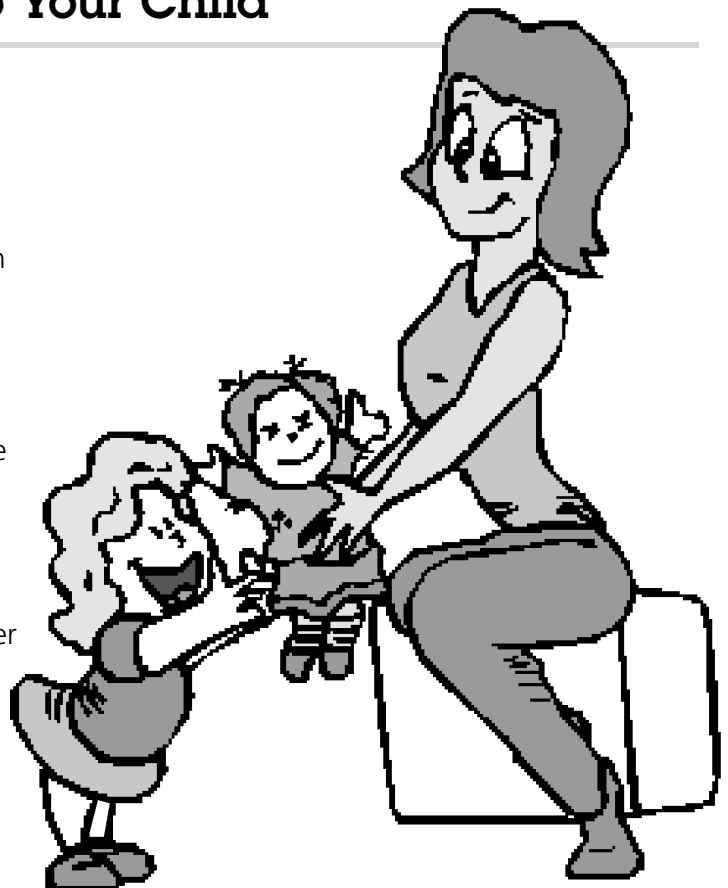
SPRING 2005

HFP News

We're very excited to present the first edition of the Healthy Families Partnership Alumni newsletter! We want to keep you informed of what's new at HFP – upcoming events, new classes to be offered, HFP news and more! You may have taken a class or volunteered with us at one of our community events or programs and would like to keep informed of what else we offer or how you can get more involved. Check out the Getting Involved section of the newsletter. Maybe you are curious about when we're offering a training class or what free workshops are coming up. Take a look at the HFP Calendar and you'll never miss a beat! Each edition of this newsletter will also feature an article written by one of our staff members in their area of expertise. We'll cover such things as the Fatherhood program, playgroup, and many other programs! We'll provide you with all of the tools you'll need to learn about the programs that interest you and offer you an opportunity to give us your opinions to help make sure that we're providing all of the information that is important to you! Enjoy!

16 Ways To Say "I Love You" To Your Child

- Take a walk together.
- Keep your child's immunizations up-to-date.
- Give your child a hug.
- Say "I Love You" (Do it often.)
- Stash an "I'm thinking of you" note in your child's lunch box or book bag.
- Sit down and really listen to your child.
- Eat together as a family and keep mealtime happy.
- Play with your child. Let him/her pick the game.
- Show your child love and respect, and he/she will do the same for you.
- Make up bedtime stories. Let your child be the star.
- Share a secret "I Love You" signal (It could be as simple as two squeezes of the hand.)
- Frame a family picture and give it to your child for his/her bedroom.
- Be a good role model for your child, who learns by imitating you.
- Don't compare your child to siblings or other children.
- Read a story out loud to your child.
- Laugh together.



Healthy Families

Healthy Communities

By Anita Williams

Coordinator of Prenatal, Infant & Toddler Programs, Healthy Community, a division of Healthy Families Partnership

Hello, I am Anita Williams and I teach parenting classes from LAMB (Labor and My Baby) to One to Four Nurturing, Infant Massage, Growing with Mother Goose and now Anger Management.

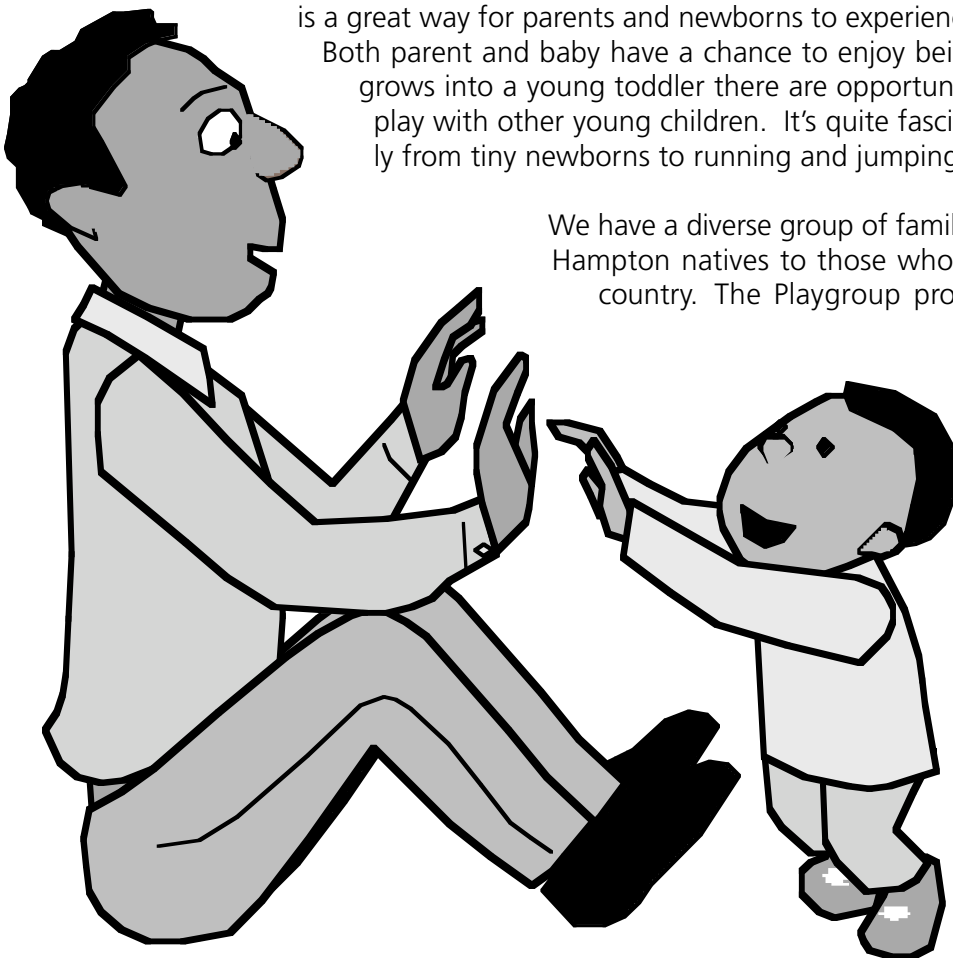
The work I am most involved with is coordinating the weekly Playgroup programs that meet Mondays, Wednesdays and Thursdays. I truly enjoy this part of my job! I love seeing the infants grow into toddlers and then into preschoolers. I also enjoy meeting and talking with their parents. There is always something exciting happening at playgroup! We always offer an art project for parents and children to complete. Our projects always include the use of paint, glue or glitter. During circle time, where we sing and move to music, I enjoy the energy the children and their parents release as we jump around to the "Wiggles" tunes or play a game of ring-around-the-rosy. The children also enjoy listening to a story as we close out the morning.

The children really get excited when we have a special guest, such as our local firefighters or when we go on an outing to Bluebird Gap Farm. It is our goal for the program to assist parents in preparing their children to enter preschool or kindergarten. A flexible structure, exposure to a schedule, interacting with other children and adults and participating in a variety of activities, provides the children with the opportunity to get a sense of what preschool or kindergarten will be like.

Our infant massage and young toddlers playgroup programs meet once a week. Infant massage is a great way for parents and newborns to experience the wonders of touch and relaxation. Both parent and baby have a chance to enjoy being together in a calm setting. As baby grows into a young toddler there are opportunities on the same morning to meet and play with other young children. It's quite fascinating to see the babies grow so quickly from tiny newborns to running and jumping toddlers!

We have a diverse group of families who join us each week ranging from Hampton natives to those who have transferred here from across the country. The Playgroup program is open to the Hampton Roads community. The one to four-year old group meets on Mondays and Wednesdays from 9:30am to 11:30am. The Infants and Young Toddlers groups meet on Thursdays from 10am to 11:30am. All the playgroups meet at 100 Old Hampton Lane on the first floor. Registration is accepted on site. It is a wonderful place for parents and children to meet new friends and have lots of fun!

For more information regarding this or any Healthy Families Partnership program, please call (757) 727-1300.



Your Opinion Matters

We want to keep you informed about the activities, events, and news here at HFP. Your opinion matters, so please take a moment to answer the following questions. You can either cut this section out and drop it in the mail or give us your opinion online at www.hampton.gov/healthyfamilies.

Did you find the information provided in this newsletter to be helpful and informative?

What did you enjoy the most about the newsletter?

The least?

Are there any specific topics about which you would like to read in future editions of the newsletter?

Would you like to be on a planning committee to help plan different workshops Hampton Healthy Families Partnership will be hosting? (If yes, please provide name and phone number)

Would you like to continue to receive this newsletter?



Getting Involved

We are currently seeking volunteers to help with general office duties, fund-raising, Welcome Baby program, and assistance with parenting and child activity classes. Daytime, evening and weekend hours are available. All positions work with an HFP Supervisor. Volunteers must be 16 years of age or older for most jobs.

Why volunteer?

- Meet new people and make new friends
- Give back to the community/make the community a better place to live
- Help others
- Strengthen the community/support families and youth in your community
- It's fun and it's free

Upcoming Volunteer events (volunteers needed):

Child Fair – August 14 & 15, 2005

Bill Gaither & Homcoming Friends – April 2, 2005

Professional Bull Riders Humps 'n Horns Tour –
April 22 & 23, 2005

Hampton Jazz Festival – June 24, 25, 26, 2005

If you are interested in becoming a volunteer with Healthy Families Partnership, please contact our Resource Coordinator Blythe Kolb at 727-1345 to set up an interview.

HFP Calendar

Volunteer Recognition Picnic – June 21, 2005
from 4pm-sunset at Sandy Bottom Nature Park

Festival of Learning – August 1 - 11, 2005
FREE, Call for a registration flyer

Child Fair – August 14 & 15, 2005

Healthy Start Graduation – August 2005

Look for these classes coming
in Spring and Summer 2005:

- 1-4 Nurturing
- 5-11 Nurturing
- Teen Nurturing program for parents of teens
- Nurturing program for Caregivers of Children 1-4 years old
- Anger management
- Parenting Special Needs Children for Non-custodial parents
- Dynamic Dads
- Saturdays with Dads
- 10 Greatest Gifts
- Building Better Relationships
- 1-2-3 Magic
- Active Parenting Now
- Families In Action
- Reading with Mother Goose
- Siblings without Rivalry